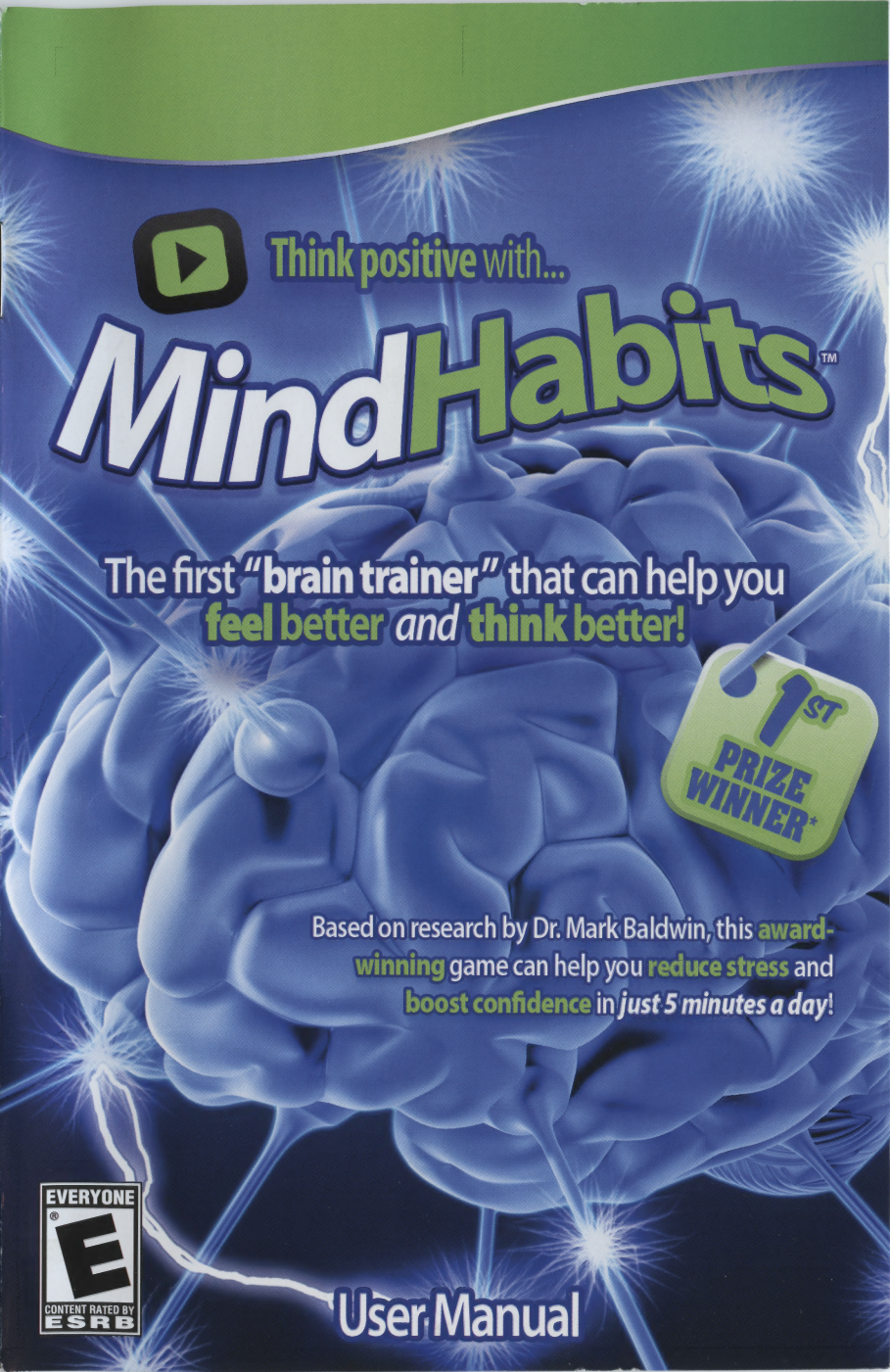
Think positive with...
MindHabits™
The first "brain trainer" that can help you feel better and think better!
1ST PRIZE WINNER*
Based on research by Dr. Mark Baldwin, this award-winning game can help you reduce stress and boost confidence in just 5 minutes a day!
EVERYONE
E
CONTENT RATED BY ESRB
User Manual

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INSTALLATION

This section explains **how to install MindHabits™**:

As a general precaution, all other applications should be closed prior to installing any software.

PC: To begin the installation process, simply insert the CD into the CD-ROM drive. A setup installer will appear on-screen; simply follow the instructions. If the setup program does not start after inserting the CD, you must manually start it. Double-click first on the My Computer icon on your desktop, then on your CD-ROM drive's icon, and finally on SETUP.EXE.

When the installation finishes, you will have the option of running MindHabits™. And that's it!

MAC: Double-click the DMG icon, which will mount a disc image for installation. Drag the MindHabits™ Folder to the Applications Folder (or wherever your choose), and that's it.

In Applications (or wherever you chose to install), double-click the MindHabits™ icon, and you ready to play!

REQUIREMENTS

PC Requirements

Minimum
Windows Me/2000/XP/Vista
Processor Speed: 1.0 GHz
RAM: 512 MB
Video RAM: 32 MB

MAC Requirements

Minimum
Mac OS 10.3.x
Processor Type: G3 PowerPC
Processor Speed: 500 Mhz/1.0 Ghz
RAM: 256 Mb

Recommended
Mac OS 10.4.x/10.5.x
Processor Type: Intel SoloIntel Core 2 Duo
Processor Speed: 1.8 Ghz
RAM: 1 Gb

INTRODUCTION

MindHabits is a collection of games based on the psychological research of Dr. Mark Baldwin and others in the new field of social intelligence, over more than ten years of work, based at McGill University in Montreal, Canada. The purpose of these games is to reinforce positive thought patterns and reduce stress derived from social anxiety.

We start with the widely accepted notion that the human being is a social animal. From the moment babies first open their eyes, they are exquisitely attuned to faces, and smiling faces in particular. The need for social contact continues throughout life. How we experience our contact with the social world is influenced by our mental habits—our automatic and even unconscious feelings about our self and others.

These psychological habits include a person's self-concept and self-esteem, their social skills and expectations regarding interactions with others, and their emotional associations to the idea of relying on relationship partners, trusting friends, being evaluated by people in authority, and so on.

Not surprisingly, such habits can play a huge role in how we deal with the stresses of modern life. Note that the influence of social thinking reaches far beyond simple good or bad feelings. Decades of research show that people who feel adequately supported by and connected to others, as opposed

to being isolated or rejected, are actually physically healthier and cope better with stress.

Recent research, some of which can be seen in the "Science Lab" section of this game, indicates that these mental habits can be learned. Just as learning to play the piano requires many repetitions of finger movements, and learning to hit a golf ball requires the practice of specific body positions and movement patterns, learning to function well and feel confident in the social world requires the development of an impressive collection of psychological abilities.

We all develop our own set of mental habits in the course of growing up and most of these function quite well, but almost everyone could benefit from additional training, much as a professional golfer spends hours on the putting green refining an impressive stroke. Computer games, with their unique form of interactivity, provide an excellent opportunity to practice helpful habits of mind.

The games as they appear in this package have been modified from those used in the original studies to make them more varied, more challenging, longer lasting, and more game-like than the originals, in the hope that they are more enjoyable for everyday use over long periods of time. That said, they also are customizable and it is possible to play the easier lower levels over and over again endlessly if you find the

You did not use the Trackers to determine an Outlook score the last time you played. We encourage you to do so now.
MindHabits
Trainers
MATRIX
WHO ARE YOU
WORDS
GROW YOUR CHI
Thought of the Day
Remember, we all stumble, every one of us. That's why it's a comfort to go hand in hand.
Emily Kimbrough
Toolbox
TRACKERS
HIGH SCORES
PROFILES
SCIENCE LAB & HELP
GAME OPTIONS
CREDITS
QUIT
OUTLOOK: DAILY WEEKLY TODAY
You haven't completed your trackers for today....
October 23, 2007

more difficult levels stressful, which after all is counter-productive to the purpose of the game.

Again, however, MindHabits games are designed to be fun games based on serious science and are purely for entertainment value. They are not intended to be diagnostic tools or to function as a psychotherapist or psychiatrist! If you find anything about these games unpleasant or distressing, you should simply stop using them. If you become interested enough that you would like to consult with a psychologist or other mental health professional, you can ask your doctor for a referral or contact your local association of psychologists.

PROFILES

When you first play the game you will immediately be asked to set up a profile for yourself, based on a few select items of information about you.

By default these terms should be your first and last name, your nickname, your month of birth, year of birth, place of birth, and favorite color. This information will be drawn upon in a few of the games, such as Who Are You, which require words that make you think of yourself. You can replace these seven values with any words that you would prefer to associate with yourself, but it must be pointed out that these default values were the ones used in Dr. Baldwin's research, and we can not ensure that different words will yield the same effect as his research has indicated.

The game allows up to eight profiles, which means that one copy of the game can be shared with your whole family, or you can simply have several profiles for yourself with different personal words in each. In each case the game will also track your high scores and your daily Outlook score according to the profiles you create.

To create additional profiles at any time or to edit existing ones, simply go to Profiles under the Toolbox section of the main menu. The crayon icon allows you to edit an existing profile and the X icon allows you to delete it. To select a Profile to play, simply click on its name.

NAVIGATING THE MAIN MENU

The **main menu** is composed of several sections with their own charts and submenus.

There is a progress panel on the left, at the top of which you will see the MindHabits guide and normally she will be reminding you every day to do your daily Trackers (explained in a later section). Below her, if you have been doing your trackers every day, you will see an ongoing progress bar of your Outlook scores for the past. Below that is a calendar showing the current day highlighted in purple.

To the right of this panel is the MindHabits Main Menu, which is composed of your Trainers menu (the games), a randomly selected Thought of the Day, and a smaller menu at the bottom right called the Toolbox, which

contains your Trackers, your High Scores, your Profiles, the Game Options, Credits, and a Science Lab with detailed descriptions of the ideas behind everything in the game. The Profiles have already been explained because in most cases you will have to fill one out before you get to this point. The explanations for the Trainers (the games), the game Options, and the related Trackers are explained on their own following sections.

The Science Lab is a section with lots of information about all the different aspects of the game and the research behind it. In some cases it is identical to what is presented in this booklet and in others there is additional information about the research basis to be found there.

The High Scores displays a list of all the highest scores for every level of every game, and the name of the profile that it was achieved under.

The Credits, of course, list all the people who created the game.

GAME OPTIONS

The Options found under the Toolbox section of the Main Menu contain the following choices:

Language selects the language that the game directions are displayed in.

Music volume gives you a slider for setting the relative loudness of the game music and beneath it is another slider for setting the sound effects in relation.

You can also set the **gender mix** with a slider on the right sound, meaning the relative proportion of males to females who are pictured in the various parts of the game that use face photographs, and an age slider for setting a similar preference for a preponderance of old or young individuals.

You can set whether the game should be **full-screen or windowed**. Because of aspect ratio on different monitors in some cases it can actually make the game faster to play windowed instead of full screen.

There is one final slider at the bottom that helps you very broadly to set the **ethnic or regional makeup** of the faces shown in the game.

Finally, at the very middle, **select OK to save the changes** you have selected or Cancel to discard them.

THE TRAINERS (GAMES)

All games have their own status panel on the left side, just like the right menu, and they show your current level in the game, your current score, and your time remaining on each level. They also show whether the game relates to the psychological principle of inhibition, activation, or association. In any game, you can adjust the level up or down up to the highest level that you have ever achieved in the game. You can also use these arrows to interrupt a game that is currently playing and go back to its menu.

From any game menu you can return to the Main menu by clicking its icon in the lower right corner of your screen.

To get started playing a game, **simply pick a game from the Trainers Menu**: Matrix, Who are You, Words, or Grow Your Chi. Each of these games is explained in its own section.

MATRIX

In the Matrix trainer you **click on smiling faces and ignore frowning faces**. The Matrix game is designed to help you practice a specific kind of inhibition—disengaging from unhelpful or distracting thoughts of social threat, rather than dwelling on them and worrying about them. Research has shown that practicing this mental habit can help people to feel less distracted by rejections and criticisms, and to feel less stressed.

As for the actual gameplay, the Matrix presents you with several tiles on the screen showing photographs of people's faces. The goal is simple and it is always the same: using the mouse, **click on the smiling faces as fast as you can** find them.

While the goal may be straightforward, that does not mean it is easy. Some of these faces are smiling but more often they are frowning, especially as you go higher in levels. Sometimes these tiles will wait for you to do something. Sometimes they will disappear after a set interval only to be replaced by others. Sometimes the tiles will flip around, revealing another face on the other side, which may or may not be smiling.

Since the purpose of this game is to **teach you to focus less on potential negative signals**, you will get bonuses for clicking many smiling faces in succession with no errors. After a set number of smiles you will get double score for each one you click, and after a set number of doubles you will get triple score. Conversely, losing your streak of bonus points by accidentally clicking a frown could mean the loss of the entire level. Especially as you get to the higher levels of this game, it is far worse to click a frown than it is to miss a couple of smiles.

WHO ARE YOU?

In this game the screen shows several **small panels, expanding up to numerous panels** at the higher levels of the game.

Some of these panels are blank, some have random names or dates on them, and some have words that make you think very briefly about yourself—these words are pulled from your game Profile and by default are your first, last and nicknames, your month and year of birth, your place of birth and your favorite color.

You simply have to **click on the words related to yourself as fast as you can**, and when you do so, you will be rewarded by a briefly flashed smiling face. Like the Matrix, you get double and triple points for long

successions of good picks, and you lose those bonus points by clicking words not related to you. Furthermore, sometimes when you click a good word extra smiley faces will spawn and float around next to the word. You can click these for even more bonus points.

This game is designed to **increase your automatic association between "myself" and "acceptance,"** which research suggests may help to boost your emotional security and self-esteem.

The reason for this is simple. Self-esteem and self-confidence come from a lot of sources, but primary among them is a feeling of connection to and support from people close to us. If we can feel this sense of acceptance, it allows us to explore our own talents and interests more freely, and those experiences combine to build our confidence and well-being.

WORDS

In our Words game you search in a grid of letters for specific words listed at the bottom of the screen by clicking and dragging the mouse pointer across the letters that make up the word to select it.

The background for this trainer is a large amount of research conducted on the effects of bringing to mind—or "activating"—specific ideas or mental habits. Particularly interesting are studies showing that being reminded of a good friend—or even being reminded of words related to friendship or social support—can help people feel more secure and help them deal better with different kinds of stresses.

As mentioned above, simply look for words from your list at the bottom of the screen and drag and hold the mouse pointer across those words, releasing when you have highlighted the entire word. At first this will be rather simple but as you advance in levels the words will begin to be backwards, upside down, diagonal, or even diagonal and backwards, just like a crossword puzzle in a newspaper.

Additionally, as you get to the higher levels the game will begin to introduce the personal identity words taken from your Profile. After you find one of these words you will be given a brief window of time in which finding other words will grant you double points, and in some cases it may even be necessary to get a lot of these in order to advance to the next level.

GROW YOUR CHI

Grow Your Chi is a trainer game that playfully draws on the eastern concept of "Chi" or inner vitality and power. Your "Chi Pet" in the bottom left corner of the screen begins the game in need of warmth, and your job is to click on smiles and your own personal information in order to give the Chi Pet a thicker coat.

This trainer combines the three principles of activation, inhibition, and association in one game. You activate a positive outlook when you look for smiles; you inhibit attention to social threat when you try to avoid clicking on frowns and you create positive associations because you are searching for personal, self-relevant information at the same time as attending to positive social feedback.

The idea is that by playing this game you may **develop more positive mental habits** and perhaps "Grow your Chi!" To play the game, just watch out for clouds that float by with warm, happy faces on them and click them. The more you click, the more points you score, and if you score enough points, you pass to the next level.

Also in this game, you will begin to see little airplanes and balloons fly and float by with words on them. If you can click your "personal" words (again, drawn from your Profile) when you see them, either by clicking on the word or its airplane or balloon, you get bonus points.

The Trackers are a set of **five psychological tests,** that take about two to three minutes to complete, and give, as a combined result, a rough **measure of how positive you are feeling on a given day.**

Scientific psychology has shown that our minds continuously filter our experiences, including our view of ourselves and our interactions with others. This filter determines how we feel about and react to the world. In MindHabits, we call this your Outlook.

If your Outlook is relatively more positive on a given day, you will pay attention to warm, supportive feedback from other people, you will interpret unclear information in a positive way, you will focus on your strengths rather than weaknesses—in general you will find the warmth and kindness in your relations with other people.

If your Outlook is not as positive, you may tend to be on the lookout for social threats like criticisms and rejections, and you may worry more about any flaws of your own that might provoke those kinds of negative reactions.

The Outlook we have on a given day, then, can shape our sense of confidence and security, or make us extra vulnerable to worry and stress.

In MindHabits, we are able to get a rough measure of

your Outlook using the Tracker tasks from the Toolbox on the Main Menu. Your overall Outlook is shaped by many specific psychological habits that go into it. For this reason we need a combination of different Tracker scores to calculate your Outlook.

MINDTRACKING
LOOK
COUNT
MINDTRACKING
FOCUS
LOOK
STROOP
BLINK
SELF REPORT
Look
Here you are shown a series of faces displayed with a specific tint, of red, blue, green, or yellow. Your job is to ignore the face itself, and try to identify the color of the tint as quickly as possible using the keyboard number keys from 1 to 4.
1
2
3
4
Start Tracker
MAIN MENU

Each time you play one of the Trackers, your scores are entered into an equation that produces your Outlook value, where higher numbers mean a more positive Outlook. The actual number you get does not mean too much at first, because different people can simply have very different reaction speeds and other factors relating to how good you are with a mouse and keyboard. For this reason you can't compare your own Outlook scores to other people—you're only competing with yourself in MindHabits!

After this, each time you play, you just compare your previous Outlook scores with your current scores. Research has shown that playing games very similar to the MindHabits Trainer games can improve certain aspects of your Outlook. So, come back and play everyday and see if you can improve your Outlook!

Again, however, **MindHabits games are designed to be fun games based on serious science** and are purely for entertainment value. They are not intended to be diagnostic tools or to function as a psychotherapist or psychiatrist!

If you find anything about these games unpleasant or distressing, you should simply stop using them. If you become interested enough that you would like to consult with a psychologist or other mental health professional, you can ask your doctor for a referral or contact your local association of psychologists.

FOCUS TRACKER

In the Focus tracker, two pictures of a person are flashed on the screen for a split second, and then a "probe"—an arrow pointing up or down—appears replacing one of them. Your job is to identify the probe as quickly as possible, by selecting the up or down arrow key.

This tracker is based on the finding that the mind works amazingly quickly to filter out some kinds of information and pay attention to other kinds of information. While this can be very helpful sometimes, at other times our filter may end up focusing us too much on one thing, such as the possibility of social threats in our environment.

The idea of the focus tracker is to measure how strongly your attention is drawn to social threats, such as frowning faces. The speed with which you are able to identify arrow probes that replace a frown (compared to a neutral face) indicate the degree to which your attention was automatically drawn toward the frown during the split second that the pictures were displayed.

The Focus tracker measures your reaction times to probes replacing smiles, frowns, and neutral faces, across many trials, and then calculates a final score that can be factored into your overall Outlook score.

In one set of studies with this type of tracker, partici-

pants were put in a stressful situation (solving difficult arithmetic problems) and measures were taken of the amount of the stress hormone cortisol circulating in their body. They also did a version of the Focus tracker. People who tended to have their attention automatically drawn toward rejecting faces also tended to show the highest levels of cortisol release in response to the stressful situation.

These and other findings suggest that being excessively watchful for social threats may contribute to the experience of stress.

MINDTRACKING
LOOK
COUNT
MINDTRACKING
FOCUS
LOOK
STROOP
BLINK
SELF REPORT
Look
Here you are shown a series of faces displayed with a specific tint, of red, blue, green, or yellow. Your job is to ignore the face itself, and try to identify the color of the tint as quickly as possible using the keyboard number keys from 1 to 4.
1
2
3
4
Start Tracker
MAIN MENU

In the Look tracker you are shown a series of faces displayed with a specific tint of red, blue, green, or yellow. Your job is to ignore the face itself and just identify the color of the tint. For the most accurate measurement it is better to use the number keys rather than the mouse to indicate your answer.

The Look tracker is a pictorial version of the Stroop tracker (explained later). In Look, some of the faces are smiling, some frowning, and some are neutral. This task compares the time it takes you to name the tint color of the frowning faces to the time it takes you for smiling or neutral faces, and assesses how much your attention is distracted when the face is scowling at you.

This is one measure of your Outlook. How easily can you ignore or disengage from social threat when it is not relevant to what you are trying to do?

STROOP TRACKER

In the Stroop tracker you are shown a series of words displayed in different colors (red, green, blue, yellow), and you try to indicate the color of the letters while ignoring the word itself. For the most accurate measurement, it is best to use the number keys rather than the mouse to indicate your answer.

The Stroop test has long been used in psychological research to measure people's ability to ignore one task while performing another: in this case, ignoring the meaning of words while indicating the color in which they are displayed.

Research has shown that when a word is relevant to the concern of a player, this distracts them and slows them down (very slightly) in their color-naming response. In our version of the classic Stroop test, some words are related to social rejection and some to acceptance. The Stroop Test tracker measures the degree to which you are slowed down in your color naming by words related to rejection (compared to acceptance words or neutral words) to calculate a score that indicates how much you are being distracted by these words.

Some research with this kind of Stroop test has shown that when people are feeling secure and in a positive mood, they are less distracted by negative words such as those relating to social rejection and failure.

BLINK TRACKER

On each trial of the Blink tracker you are shown a rapid succession of images, flipping quickly one after another on the screen. Your job is simply to watch the images and then indicate whether there was a smiling face in the sequence, and then respond "yes" or "no" (or "maybe" even) using the mouse or number keys as illustrated in the game.

The Blink tracker is an indirect measure of how much you are distracted by a social threat. On some of the trials there is a smiling face presented but right before it a frowning face is shown. The tracker records whether this frowning face distracts you so that you do not notice the smiling face.

This tracker is based on the remarkable degree to which our attention can be captured by some types of stimuli so that we may not even notice other stimuli in the environment.

If your Outlook is strongly oriented toward social threats, these may capture your attention so much that you will not notice opportunities for friendliness and pleasant interactions.

SELF REPORT TRACKER

In the Self Report tracker you **respond to a series of questions about stress and self-confidence**. All you need to do is think for a moment about each statement and respond using the scale provided. The more honestly you answer the questions, the more accurate your score will be—so try to reflect on the questions and answer with how you feel—nobody is watching but you!

The questions in this report measure your subjective state of mind. **Are you feeling self-confident today? Stressed? Relaxed?** Your answers to these questions are then compiled and factored into your overall Outlook score.

Stress, self-confidence, and other aspects of social intelligence function at both conscious and unconscious (or automatic) levels. Self-report questions allow you to reflect on your feelings and thought patterns, to come to your own sense of your conscious Outlook for a given day.

Think positive with...

MindHabits™

The first "brain trainer" that can help you
feel better *and* think better!

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CREDITS

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SUPPORT

Technical Support with FAQs maybe found at:

www.GotGameSupport.com

If you don't find your answer there, please contact Technical Support

techsupport@gotgameentertainment.com

To get the best solution to you as quickly as possible, please include a clear description of your problem or question regarding the game in the body of your email.

WARRANTY

Limited Ninety-Day Warranty:

Got Game Entertainment, LLC ("Got Game") warrants to the original purchaser of this software product that the disc and manual ("the product") to be free from defects in materials and workmanship for a period of ninety (90) days from the date of purchase. If the product is found to be defective within ninety (90) days from the date of purchase, Got Game agrees to replace the product free of charge upon receipt of the product at its service center, postage paid, with proof of purchase. This warranty is limited to the product originally provided by Got Game. This warranty shall not be applicable and shall be void if, in the judgment of Got Game, the defect has arisen though abuse, mistreatment or neglect.

This limited warranty is in lieu of all other warranties, whether oral or written, express or implied, including any warranty of merchantability or fitness for a particular purpose, and no other representation of any nature shall be binding on or obligate Got Game.

Returns Within Ninety-Day Warranty Period.

Please return the product to the original point of purchase along with (1) a copy of the original sales receipt showing the date of purchase, (2) a brief description of the difficulty you are experiencing, and (3) your name, address and phone number OR send the product along with the previously described items to:

Attn: Warranty
Got Game Entertainment, LLC
PO Box 1251
Weston, CT 06883

PLEASE READ THIS NOTICE BEFORE YOU OR CHILD USE ANY COMPUTER GAME

Certain people have a condition which may cause them to experience epileptic seizures or have momentary loss of consciousness when viewing certain kinds of flashing lights or patterns that are commonly present in our daily environment. Such people may experience seizures while watching some kinds of television pictures or playing certain computer games. Players who have not had any previous seizures may nonetheless have an undetected epileptic condition.

If you or anyone in your family has experienced symptoms linked to an epileptic condition (e.g., a seizure or loss of awareness), please consult your physician before using any computer games.

We recommend that parents observe their children while they play computer games. If you or your child experience any of the following symptoms: dizziness, altered vision, eye or muscle twitching, involuntary movements, loss of awareness, disorientation, or convulsions, discontinue use immediately and consult your physician.

LEGAL

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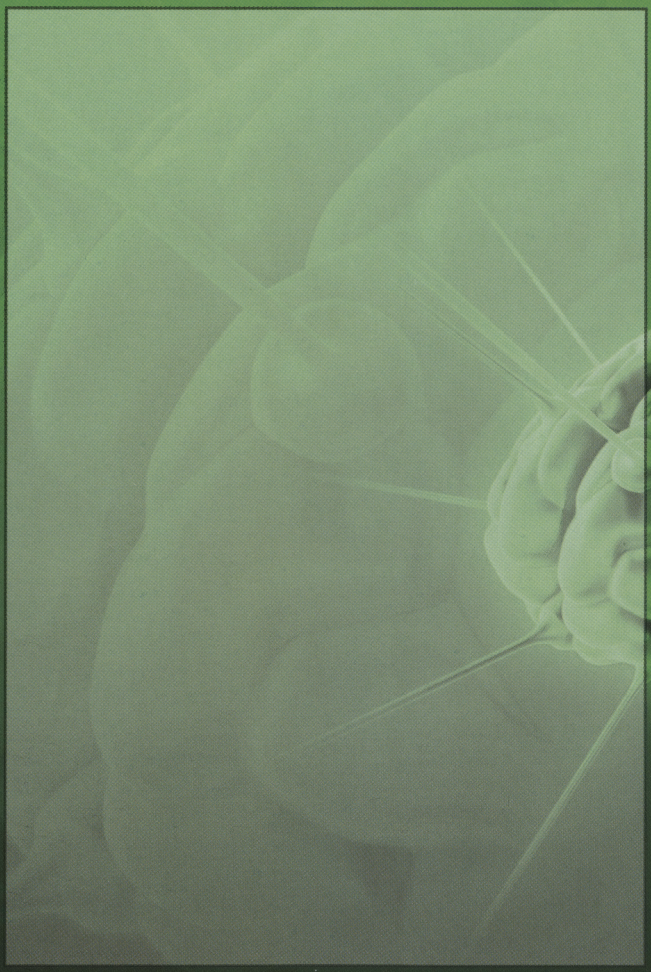
NOTES



NOTES

Feel better!

"Improve confidence in all walks of life – from work to play!"
— Dr. Mark Baldwin

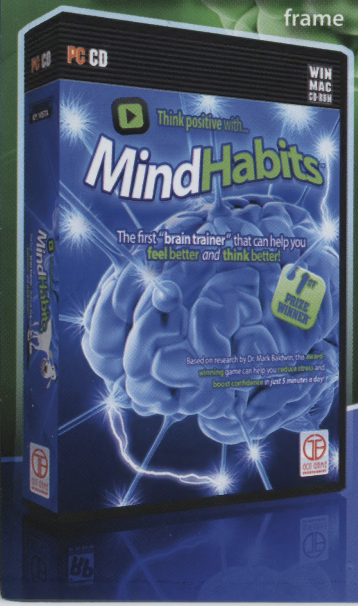
Think positive with...

MindHabits™

The "brain trainer"

MindHabits™ features scientifically designed training challenges, as well as measurement tools, to help you gain and maintain a more positive frame of mind. For example, one challenge trains you to find the smiling faces in a crowd of frowns, which studies have shown can help train your mind to react to positive information.

Your frame of mind makes a huge difference in daily self-confidence and ability to deal with stress. Recent research demonstrates the ability to shift this frame using these specially designed MindHabits challenges.



MindHabits™ is based on research work by Dr. Mark Baldwin at McGill University, whose work has been published by the American Psychological Association.

GOT GAME ENTERTAINMENT

Think better!

...in just 5 minutes a day!